



Senior Lunch Site – MAY 2010

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Breaded Pollock w/ Tartar Sauce Scalloped Potatoes Peas and Carrots Whole Wheat Roll Fresh Fruit	Roast Beef with Provolone Cheese on French Roll Broccoli Slaw Italian Pasta Salad Assorted Cookies	Cinco De Mayo Chicken Tamale With Verde Sauce Spanish Rice Black Beans Flour Tortilla Churros	Mother's day Celebration Stuffed Pepper Mashed Potatoes Chef Cut Vegetables Mini Croissant Cake	BBQ Beef Rib Sandwich on Wheat Roll Potato Salad Coleslaw Tropical Fruit Mix
10	11	12	13	14
Meatball Stroganoff on Wide Egg Noodles Mixed Vegetables Whole Wheat Roll Chunky Fruit Mix	Roast Turkey with Gravy Cornbread Stuffing Broccoli Whole Wheat Roll Diced Peaches	Stuffed Cabbage Roll Mashed Potatoes Tossed Green Salad with Thousand Island Dressing Parker House Roll Assorted Pudding	California Cream Soup/ Crackers Chicken Salad Sandwich Coleslaw Whole Wheat Bread Cookie	Sweet and Sour Pork Steamed Rice Capri Blend Vegetables Hawaiian Roll Seasonal Fresh Fruit
17	18	19	20	21
Chicken Marsala Penne Pasta Brussels Sprouts Whole Wheat roll Assorted Pudding	Farmers Soup/Crackers Tuna Salad Sandwich on Whole Wheat Bread Marinated California Salad Pineapple Chunks	Beef Pot Roast with Gravy Mashed Potatoes Green Salad with Italian Dressing Whole Wheat Roll Tropical Fruit Mix	Chicken Chow Mein Brown Rice Oriental Stir-Fried Vegetables Fresh Orange	Tortilla Soup Beef Taco Salad with Chips, Sour Cream, Taco Sauce and Cheese Shredded Lettuce Spanish Rice Seasonal Fresh Fruit
24	25	26	27	28
Egg Drop Soup / Crackers Chicken with Polynesian Sauce on Steamed Rice Japanese Blend Vegetables Mandarin Orange	Italian Soup/Crackers Manicotti w/ Marinara Sauce Spring Salad Mix with Italian Dressing Sourdough Roll Cake	Baked Meatloaf w/ Brown Gravy Tri-Color Potatoes Country Blend Vegetables Whole Wheat Roll Fruited Gelatin	Memorial Day / Birthday Celebration <i>Chicken Drumsticks</i> <i>Baked Beans</i> <i>Coleslaw</i> <i>Mini Corn Muffin</i> <i>Fresh Juicy Watermelon / Cake</i>	Turkey & Cheese Sandwich on Whole Wheat Bread Carrot Raisin Salad Red Potato Salad Shredded Lettuce, Tomato & Mayonnaise Assorted Pudding
31				
HAPPY MEMORIAL DAY! Westminster Senior Center Closed			Suggested Donation - \$2.50 Meal Cost for Under Age 60 – \$ 3.50	

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community Senior Serv's Lunch Program may change the menu for reasons of quality control, price or vendor problems. Please see your Site Manager for menu changes. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. All * desserts are Sugar-Free. 1% milk served daily indicates 1,200 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls.